



## Lemon-Rosemary Custard Cakes

READY IN



45 min.

SERVINGS



6

CALORIES



218 kcal

DESSERT

### Ingredients

- 3 large egg whites at room temperature ( )
- 3 large egg yolks
- 0.3 cup flour all-purpose
- 1 teaspoon rosemary fresh minced
- 0.3 cup juice of lemon fresh
- 1 teaspoon lemon rind grated
- 1.5 cups milk 1% low-fat
- 2 tablespoons butter softened
- 1 tablespoon powdered sugar sifted

- 1 Dash salt
- 0.8 cup sugar divided

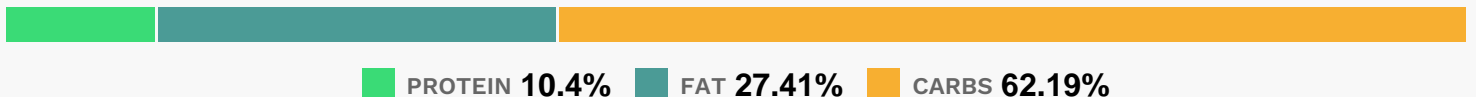
## Equipment

- frying pan
- oven
- blender
- baking pan

## Directions

- Preheat oven to 350
- Beat egg whites at medium-high speed of a mixer until foamy. Gradually add 1/4 cup sugar, 1 tablespoon at a time, beating until stiff peaks form. Set aside.
- Beat 1/2 cup sugar and margarine at medium speed of a mixer until well-blended (about 5 minutes).
- Add flour, rind, juice, rosemary, and salt, and beat well.
- Add egg yolks and milk, and beat well. Gently stir one-fourth of egg white mixture into batter; gently fold in remaining egg white mixture. Spoon into 6 (6-ounce) custard cups coated with cooking spray.
- Place cups in a baking pan, and add hot water to pan to a depth of 1 inch.
- Bake cakes at 350 for 45 minutes or until set.
- Remove cups from pan, and sprinkle with powdered sugar.

## Nutrition Facts



## Properties

Glycemic Index:24.18, Glycemic Load:20.33, Inflammation Score:-3, Nutrition Score:5.3591303747633%

## Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## **Nutrients (% of daily need)**

Calories: 217.68kcal (10.88%), Fat: 6.76g (10.39%), Saturated Fat: 1.94g (12.12%), Carbohydrates: 34.49g (11.5%), Net Carbohydrates: 34.28g (12.47%), Sugar: 29.63g (32.92%), Cholesterol: 94.75mg (31.58%), Sodium: 105.45mg (4.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.53%), Selenium: 11.24µg (16.05%), Vitamin B2: 0.23mg (13.78%), Phosphorus: 103.96mg (10.4%), Vitamin B12: 0.55µg (9.09%), Calcium: 90.02mg (9%), Vitamin A: 406.4IU (8.13%), Vitamin D: 1.11µg (7.39%), Folate: 25.92µg (6.48%), Vitamin B1: 0.09mg (6.22%), Vitamin B5: 0.54mg (5.4%), Vitamin C: 4.38mg (5.31%), Potassium: 149.15mg (4.26%), Vitamin B6: 0.07mg (3.7%), Zinc: 0.5mg (3.33%), Iron: 0.51mg (2.85%), Magnesium: 11.28mg (2.82%), Vitamin E: 0.4mg (2.63%), Manganese: 0.05mg (2.31%), Vitamin B3: 0.41mg (2.03%), Copper: 0.02mg (1.11%)